

Appl. No. : Unknown
Filed : Herewith

AMENDMENTS TO THE CLAIMS

Please amend the claims as follows:

Please cancel Claims 1-51 without prejudice.

Please add the following new claims:

52. (New) An exercise apparatus comprising:

a rotatably mounted axle;

a weighted flywheel adapted to rotate with said axle;

a line having a first end and a second end, said first end attached to said axle, said line having a first position wherein a portion of said line is wrapped about a portion of said axle and a second position wherein said line is unwrapped from said axle, wherein a force applied to said line in said first position creates an accelerating torque on said axle causing said axle to rotate as said line generally moves from said first position towards said second position;

a spool axially mounted to said axle, said spool having an axial taper and being configured so that the magnitude of force required to accelerate the axle changes substantially as the line moves from the first position to the second position; and

a line guide spaced from said axle and in communication with the line, the line guide adapted to define an angle of the line relative to a longitudinal axis of the axle.

53. (New) The exercise apparatus of Claim 52 wherein said spool is mounted to said axle with a narrow end proximate said first end of said line and a wide end distal said first end of said line.

54. (New) The exercise apparatus of Claim 53 wherein, for a particular force applied to said line, said accelerating torque generally decreases as said line generally moves from said first position towards said second position and a decelerating torque generally increases as said line generally moves from said second position towards said first position.